



## Agency Benefits Coordinator Meeting

Employee Assistance Program

Behavioral Health

Voluntary Wellness Program

DPP Updates

# Employee Assistance Program (EAP)

- EAP administered by Optum
- Available to:
  - Local education and local government employees enrolled in the health plan and their benefits eligible dependents

**Receive five EAP counseling visits, per situation, per year at no cost to you**

- Master's level specialists available around the clock to assist with:
  - Stress, legal, financial, mediation and work/life services
  - Can even help you find a network provider, a plumber who works nights, services for your elderly parents, theater tickets, all-night pharmacies and much more.

**855.Here4TN (855.437.3486) or [HERE4TN.com](http://HERE4TN.com)**



# Take Charge at Work (TCAW)

- A confidential telephonic program that helps working adults recognize and manage symptoms of stress and depression at work
- Goal: to help employees find better work-life balance, so they can get back to feeling productive and enjoying their lives
- Who is eligible?
  - All Local Education and Local Government State health insurance plan members, over the age of 18
  - Dependents over the age of 18, eligible for EAP, and who are working either full/part time
- Visit the website or call to see if you qualify

# Behavioral Health & Substance Use Services

*Dealing with a mental health or substance use condition? Support is available to you and your enrolled dependents through your behavioral health coverage.*

- **Optum** is your behavioral healthcare vendor; Coverage is included when you enroll in a health plan
- Using Optum's network providers gets you the most from this benefit; You can search for providers on the website or call 855.Here4TN for assistance
- **Virtual Visits:**
  - In addition to office visits, you can meet with a provider through private, secure video conferencing called Virtual Visits
  - Allows you to get the care you need sooner and in the privacy of your home.
  - The copay for a Virtual Visit is the same as an office visit.
  - To get started, go to [Here4TN.com](https://www.Here4TN.com), scroll down, select provider search, and click on Virtual Visit to find a provider licensed in TN, or call for assistance

# Wellness Program Vendor

- Population Health Program – ActiveHealth Management
- Program go live on January 1, 2019



# Wellness Program Resources

- Diabetes Prevention Program
- Disease Management:
  - Diabetes
  - Asthma
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Coronary Artery Disease (CAD)
  - Congestive Heart Failure (CHF)

# Diabetes Prevention Program Updates

- Omada (Cigna only; online)
  - 666 enrolled
  - 3,745 total pounds lost
  - Average of 5.6 pounds
- YMCA (in person)
  - 71 enrolled
  - 388 total pounds lost
  - Average of 5.46 pounds
- ParTNers Health & Wellness Center DPP (in person)
  - 44 participants
  - 297 total pounds lost
  - Average of 6.75 pounds

**Questions?**